

# EXERCISE LOG

Track your fitness and strength training progress.

**GOALS:** Reduce knee pain, improve joint stability, and restore daily mobility through low-impact strengthening tailored for osteoarthritis.

## Quad & Hip Strengthening

WEIGHT: \_\_\_\_\_ SLEEP (hrs): \_\_\_\_\_ CALORIES: \_\_\_\_\_ DAY: Mo Tu We Th Fr Sa Su

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Seated Leg Raises	3	15	BW	30s	15	Keep back straight
Mini Wall Squats (0-30°)	3	12	BW	45s	12	Do not go past 30°
Hip Abduction (band)	3	15	Light	30s	15	Resistance band
Calf Raises	3	20	BW	30s	20	Hold chair for balance
Hamstring Stretch (supine)	3	30s	-	15s	30s	Hold each leg

## Rest & Gentle Mobility

WEIGHT: \_\_\_\_\_ SLEEP (hrs): \_\_\_\_\_ CALORIES: \_\_\_\_\_ DAY: Mo Tu We Th Fr Sa Su

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Ankle Circles	2	10	-	15s	10	Each direction
Knee-to-Chest Stretch	2	30s	-	15s	30s	Each leg
Seated Marching	1	5 min	-	-	5 min	Low intensity
Ice Therapy	1	15 min	-	-	15 min	After session if needed

## Balance & Stability

WEIGHT: \_\_\_\_\_ SLEEP (hrs): \_\_\_\_\_ CALORIES: \_\_\_\_\_ DAY: Mo Tu We Th Fr Sa Su

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Single-Leg Stand	3	20s	BW	20s	20s	Hold chair
Step-Ups (4-inch step)	3	10	BW	45s	10	Each leg
Side-Lying Hip Abduction	3	15	BW	30s	15	Slow & controlled
Short Arc Knee Extension	3	15	BW	30s	15	Seated, towel under knee
Hip Flexor Stretch	3	30s	-	15s	30s	Each side

## Walking & Flexibility

WEIGHT: \_\_\_\_\_ SLEEP (hrs): \_\_\_\_\_ CALORIES: \_\_\_\_\_ DAY: Mo Tu We Th Fr Sa Su

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Flat Surface Walk	1	20 min	-	-	20 min	Comfortable pace
Calf & Achilles Stretch	2	30s	-	15s	30s	Each side
Seated Figure-Four Stretch	2	30s	-	15s	30s	Each leg

## Cardio & Core

WEIGHT: \_\_\_\_\_ SLEEP (hrs): \_\_\_\_\_ CALORIES: \_\_\_\_\_ DAY: Mo Tu We Th Fr Sa Su

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Recumbent Cycling	1	20 min	Low res.	-	20 min	Comfortable pace

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Pelvic Tilts (supine)	3	15	BW	20s	15	Engage core
Glute Bridges	3	15	BW	30s	15	Hold 2s at top
Dead Bug	3	10	BW	30s	10	Slow, controlled
Quad Stretch (standing)	3	30s	-	15s	30s	Hold wall

### Pool / Water Therapy

WEIGHT: \_\_\_\_\_ SLEEP (hrs): \_\_\_\_\_ CALORIES: \_\_\_\_\_ DAY: Mo Tu We Th Fr **Sa** Su

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Water Walking	1	15 min	-	-	15 min	Waist-deep pool
Pool Squats	3	12	-	30s	12	Waist-deep water
Leg Swings in Water	3	10	-	20s	10	Each direction
Aqua Marching	1	10 min	-	-	10 min	High knees optional

### Full Rest

WEIGHT: \_\_\_\_\_ SLEEP (hrs): \_\_\_\_\_ CALORIES: \_\_\_\_\_ DAY: Mo Tu We Th Fr Sa **Su**

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Chair Yoga (optional)	1	10 min	-	-	10 min	Gentle poses only
Mindful Breathing	1	10 min	-	-	10 min	Seated or lying
Warm Towel Self-Massage	1	5 min	-	-	5 min	Around knee area

\*1 RM = 1 One Rep Max (for reference)

\*\*Intensity: L/M/V = Light/Moderate/Vigorous or E/M/H = Easy/Medium/Hard

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